

## Have you heard about CareHere Connect?

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As you know, the State of Montana has opened the first of several Montana Health Centers to provide many services to State employees. **CareHere Connect (CHC)** is one of those services.

Through CareHere Connect you will have access to:

- Your blood work results, including your health screenings;
- Clear, concise explanations about trends in your health;
- Plans that help take the guess work out of managing your health;

- A library with a wide range of resources: videos, articles, recipes, sites, webinars, and FAQs;
- Assigned Health Coaches contact information;
- Social networks where you have the opportunity to interact with people and Wellness Coaches from all over the country who are making healthy, positive lifestyle changes;
- An app for both Android and iPhone, so you can take your wellness with you!

To use CHC, go to [www.carehere.com](http://www.carehere.com) and log on with your name and password. After logging on you will find the "CareHere Connect" button on the green task bar to the left of your screen.

*If you have not registered on [www.carehere.com](http://www.carehere.com), here are the codes you need:*

*In the Helena area: **MHA2***

*Outside Helena: **MANA9***

For help contact (877) 423-1330.

Employees who do not yet have access to a Health Center may still use CHC. We look forward to serving you!

*If you need assistance, please email [wellness@carehere.com](mailto:wellness@carehere.com).*



## Put Your Heart Into It! Contest

February is American Heart Month and to celebrate, CareHere is giving away **money!** Click the link for details.

<http://benefits.mt.gov/montanahealthcenter.mcp>

**When you're riding in a time machine way far into the future, don't stick your elbow out the window, or it'll turn into a fossil.** - Jack Handey

## Would you like to talk with someone at Cigna?

You can, though their system is a little different than what we are used to using. When you call their toll free number **(855) 692-0131**, you will be prompted to enter some information. Why?

Cigna offers an amazing variety of options for us as members. We can talk with someone about in-network health care providers, wellness coaching, prior authorizations, chronic disease management,

questions about our claims, and much more.

By entering information at the beginning of the call, you will be routed to the correct person. This prevents members from being transferred from person to person. And this efficiency helps keep our costs down—every little bit helps.

If you choose not to enter all the requested information, we

recommend you at least enter your member number (on your Cigna ID card) and your date of birth. These are the two most critical items.

Then you can press zero for a customer service representative. Remember, without all your information, you may need to be transferred once you reach a representative.



Getting your health screening discount (*up to \$240 per year!*) for 2014 now has **two steps**.

- Go to a health screening.
- With your results, complete Cigna's online health assessment.

If you don't have computer access, contact HCBd *once you have your screening results*. For more details see our website [http://benefits.mt.gov/content/docs/wellness/Discount\\_directions.pdf](http://benefits.mt.gov/content/docs/wellness/Discount_directions.pdf)

## Health Screenings have Started!

State of Montana health plan members can get a health screening two ways. Have your health screening at the Montana Health Center any time throughout the year, or attend one of CareHere's scheduled health screenings across the state.

Check out the full schedule and directions on the Benefits Wellness page:

<http://benefits.mt.gov/wellness.mcp>

Don't wait until the end of the year when the health screenings are full—schedule yours now!



## Success Story—Carleen Layne

Carleen Layne grew up a lifelong fan of sugar. From her doctor's recommended baby formula with Karo corn syrup to ice cream each evening with her dad to candy bars in junior high to obsessively eating junk food at night, Carleen did it all.

At first her sugar addiction was not a problem. She was young and skinny, barely topping the scales at 100 pounds. During her second pregnancy, though, that changed drastically. And it wasn't just sugar that contributed to the problem.

Carleen was also an alcoholic. While she stopped drinking in 1980 and has stayed alcohol-free, the bingeing continued. At her heaviest Carleen was almost 200 pounds.

Carleen tried *many* weight loss programs—lost some weight, then later gained it back. She tried being a vegetarian for four years but actually gained weight from eating too many processed carbs.

One recurring theme in each of her weight loss attempts and failures was not being honest—honest with herself about what she ate and honest with others who tried to help her. Admitting she was bingeing to her doctor and her mentor helped change the tide in her life.

When a friend told her about a food plan, Carleen investigated. She ended up using Kay Sheppard's book *From the First Bite* starting in January 2003. By September of 2003, she had lost 60 pounds and reached her maintenance weight.

Now when her weight fluctuates slightly, she can usually tie it to not exercising enough (she is an avid hiker) and not measuring her food faithfully (a key component to her food plan). She still faces temptation, but using the tools she learned in sobriety and sticking with her food plan have kept her at her ideal healthy weight for ten years.

And be warned! If you ask Carleen about her food plan, she will share enthusiastically. Losing weight and learning to be comfortable in her own skin have changed Carleen's life. Managing food has improved her friendships, her marriage, and her spiritual growth. *Way to go, Carleen!* Thank you for sharing your awesome story.



February is **Children's Dental Health Month**.

Check out Delta Dental's articles about

- A fast-paced lifestyle eroding teens' teeth,
- Taking care of your child's teeth, and
- Fresh breath at <http://benefits.mt.gov/dental.mcp>